

Lake Waconia Triathlon  
Sprint  
June 28, 2009 in Waconia, MN

<b>Name/age/ home</b>	<b>overall</b>	<b>age</b>	<b>swim</b>	<b>pace</b>	<b>T1</b>	<b>bike</b>	<b>mph</b>	<b>T2</b>	<b>run</b>	<b>min/mi</b>	<b>total time</b>
Mike McCann /56/ Ed.Prairie,MN	58/223	4/12	9:21	2:08	1:36	58:22	20.6	1:01	30:38	7:40	1:42:56

Hy-Vee Triathlon  
Int'l Distance  
June 28, 2009 in West Des Moines, IA

<b>Name/age/ home</b>	<b>overall</b>	<b>div.</b>	<b>swim</b>	<b>pace</b>	<b>T1</b>	<b>bike</b>	<b>mph</b>	<b>T2</b>	<b>run</b>	<b>min/mi</b>	<b>total time</b>
Aaron Marx/32/ Hudson,WI	527/979	23/73	29:55	2:00	2:19	1:16:22	19.5	2:21	58:16	9:24	2:49:07